



# ChallengeME

## MONTHLY MINUTE

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### Monthly topic: **Cancer Awareness**



#### Cancer symptoms men shouldn't ignore:

In 2023, doctors will diagnose an estimated 288,300 cases of prostate cancer, according to the American Cancer Society. It's important for you to be screened for prostate cancer before symptoms develop since the disease is typically easier to treat in its earliest stages.

- Pain during ejaculation
- Blood in semen
- Persistent pain in the back, hips, or pelvis
- Swelling in the thighs, calves, or feet
- More frequent urination during the day or night
- Overwhelming urge to urinate
- Reduced urine flow—the stream is smaller, weaker, or interrupted
- Burning sensation or pain when urinating
- Blood in the urine, giving it a pink, orange, red, or brown color
- Leaking or dribbling urine

#### Visit the ChallengeME Website:

Sign up for Health Coaching:

Call: TTY: 800.697.0353 | Online: [guidanceresources.com](https://guidanceresources.com)

WellStarME: [wellstar@mcd.org](mailto:wellstar@mcd.org) | 207-620-9202

Health & Wellness Navigation Team

[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org) | 207-620-9209

For benefits questions, please contact Employee Health & Wellness:  
(207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit [maine.gov/mdot/challengeme](https://maine.gov/mdot/challengeme)



**When breast cancer is detected early, the 5-year relative survival rate is 99%.**

#### Self-Exams:

- Conducting monthly breast self-exams can increase your chances of early detection.
- Understanding how your body normally looks and feels is one of the best ways to detect lumps early on.

#### Mammograms:

- A mammogram can find breast cancer before it can be felt
- If you are over 40, you should have a mammogram every 1-2 years
- If you are younger than 40 and have risk factors for breast cancer you should speak with your healthcare provider about a mammogram referral

#### How smoking tobacco affects your cancer risk

Smoking causes about 20% of all cancers and 30% of all cancer deaths in the United States. Lung cancer is the leading cause of cancer death in people in the United States.

#### Looking for more information?

National Breast Cancer Foundation

<https://www.nationalbreastcancer.org/>

American Cancer Society

<https://www.cancer.org/>

**ChallengeME**  
MaineDOT Healthy Workforce

**Coming up November: Financial Wellness**

Comments, questions, ideas, or submissions?  
Please email [Elizabeth.Moulton@maine.gov](mailto:Elizabeth.Moulton@maine.gov)